



# STAGE DESCRIPTIONS

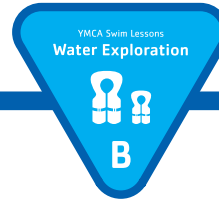
## SWIM STARTERS

Accompanied by a parent/caretaker, infants and toddlers learn to be comfortable in the water



### A / WATER DISCOVERY

Stage A introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust.



### B / WATER EXPLORATION

Parents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing bubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction between parent and child.

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by: Swim, float, swim – sequencing front glide, roll, back float, roll, front glide and exit.



### 1 / WATER ACCLIMATION

Under the guidance of caring instructors trained to instill trust and a love of swimming, students learn to float and develop comfort with getting their faces wet, blowing out while underwater (bobs) and learn to safely exit the pool. Flotation devices used.



### 2 / WATER MOVEMENT

Students focus on body position and control, directional change and forward movement in the water continuing to perfect water safety and survival skills and underwater exploration. Flotation devices used.



### 3 / WATER STAMINA

Students learn how to swim to safety from a longer distance. Rhythmic breathing with integrated arm and leg action are introduced along with basic diving skills. Elementary backstroke introduced. No flotation devices used.

## SWIM STROKES

Students learn and refine stroke technique as well as safety and survival skills.



### 4 / STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students learn breaststroke and sidestroke while developing endurance and continue to refine front crawl and backstroke.



### 6 / STROKE MECHANICS

Students learn butterfly while continuing to develop endurance while refining breaststroke, back and front crawl and diving. Flip turns and diving from the block are introduced.

**HAVE QUESTIONS?** Contact Flora Mannino, Aquatics Director at 908-483-4924 or [fmannino@hcmca.org](mailto:fmannino@hcmca.org)